

# BRIDGES

## CITY FACES:

Up close and personal with Saskatoon's Bengali elders **P.16**

## SPACES:

It takes a child to raise a Christmas village **P.18**

## GARDENING:

Mistisao's ancient history and healing powers **P.20**

WEDNESDAY, DECEMBER 18, 2013

A STARPHOENIX COMMUNITY NEWSPAPER



## HEALING AND HEARTSTRINGS

**HER PAST ROCKED BY MISFORTUNE,  
MANDY RINGDAL IS FINDING HOPE  
AS A SONGWRITER IN COUNTRY MUSIC**  
**P. 8**

**FREE**



# INVENTORY

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PHOTOS BY MICHELLE BERG



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Country singer Mandy Bengtson beams while singing songs as a way to deal with personal loss and her ovarian cancer. She's now taking breaks all over the province. **BRIDGES PHOTO BY MICHELLE REIC**

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## # MY FAVOURITE PLACE PG. 7



Wider colour artist Patricia Katz features many spots along the Atkinson Trail in her book, *Sketches of Sudbuck*. The above rack is her favourite place in the city. **BRIDGES PHOTO BY MICHELLE REIC**

## BRIDGES COVER PHOTO BY BRYAN SCHLOSSER

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## FASHION

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## # SASKATCHEWAN STYLE

## Kaitlin Beck: Staying true to yourself through fashion

By Angelina Irimaci

Kaitlin Beck isn't afraid to be herself when it comes to fashion. The graduate of Saskatoon's Academy of Fashion Design dresses for herself — not for labels or certain styles. This includes her anti-drug t-shirt from Forever 21. Some may see it as a fashionable, fan-graphic t-shirt, but Beck deeply believes in the message.

"I feel like it's a message that maybe some people would notice — or not — but I wear it possibly because I think there's so many young kids that are affected (by drugs) in our city. It's my way of being supportive in a fashionable way, which is what I love," Beck says.

The same pride goes for the rest of her wardrobe, and she isn't picky when it comes to style. While she says some people might classify her look as "hipster," she leans dressing up in feminine looks, but also likes skater and casual clothing, too.

"I love high-end things. I like second-hand things. I'm really not a brand loyal dresser. I just wear what's comfortable to me and what makes me feel good."

Beck sees fashion as an art form — she appreciates colours, patterns and fabrics. While going to design school, she learned how to sew, pattern draft and style. While she doesn't do as much sewing now while at her retail job, she loves cycling and hopes to one day either open her own business or work as a stylist. She's worked fashion shows and loves the high energy backstage, the uniqueness of each designer and the amount of variety fashion offers.

Clothes have always made Beck feel better, she says. She encourages others to be confident with their own personal style and to have fun with their wardrobe.

"Be confident and do what you want when it comes to fashion because that's an aspect in your life where you can genuinely do whatever you want and express yourself that way."



## Outfit:

- 1. SHIRT:** Forever 21. It's a fun way to wear a graphic t-shirt but with a message that I actually do stand by."
- 2. SWEATERS:** Hasty May White Dress
- 3. WOOL JACKET:** Value Village. "I love going to second-hand stores like Value Village to get my clothes. I like that it was made in Canada. It was under \$50, real wool and silk lining. Sometimes I get them tailored to fit me better, but this one just fit me perfectly and I absolutely love it."
- 4. SHORTS:** Guess
- 5. TIGHTS:** Vera Mode, White Chino
- 6. BOOTS:** Steve Madden. "They're a classic boot with just a bit of a difference, which I love. They're kind of quirky, but still an everyday shoe."

Kaitlin Beck sees fashion as art and encourages others to be confident in their wardrobe choices. **OUTFIT PHOTO BY MICHELLE REBO**





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# IN THE CITY

# DECEMBER 12, 2013 - 12:12 P.M.

## Songs and a snack



Robert Weston School students sing Christmas songs at the Noon Festival of Carols at PCU Place. Bring your lunch or buy one in the hot event held from noon to 1 p.m. and Dec. 18. Serious members: Michelle Hines.



## YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon! Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # MY FAVOURITE PLACE

## Life coach paints city's best sites in new book

By Angelina Irtinici

Phoenix Katz is a productivity and business strategist and a lover of Saskatoon. She's also a writer and televisioner, painter who has recently published a book, *Sketches of Saskatoon*, featuring 40 different sketches of Saskatoon's sights and events to inspire and aid, using the South Saskatchewan River as a guide. The book opens with the Meewasin Trail, an integral part of Saskatoon, says Katz. She walks the trail almost daily and finds inspiration and socializes with friends. There is one special stop along the way — a rock perfectly situated at the top of the hill, her favourite place in the city.

**Q. Why was it important for you to include the Meewasin Trail in your book?**

**A.** The trail follows the river and you don't think about the city without talking about the river because it's built on it, it's so central to it, we're preoccupied with bridges going over it, or lack thereof, and all those kinds of things. People spend so much time on the riverbank doing everything.

It seems to me that it represents some of the best of what Saskatoon has to offer.

**Q. What's the significance of the rock?**

**A.** I'm a farm girl, I used to pick rocks — but not that big. As a farm girl you've got lots of land and I always had a spot to go to think in the pastures. For me, the rock is a place to just sit and pause. In my work I talk about the concept of pausing as a stress reducer and being more present, and appreciative of our lives and the world. That rock is that for me. It's a place where I can pause on my walk in the morning and be present and to enjoy the world around me.

**Q. Does location have anything to do with it?**

**A.** That rock is just over the edge, down on the edge of the growth and



Phoenix Katz sits on her favourite rock by the river with her watercolor book, *Sketches of Saskatoon*, that features her paintings from spots along the Meewasin Trail in downtown Saskatoon. (J. KING)

when you're down there — especially around it as — it's almost like you're in the country. Because we don't have a lot of development on the other side of the river and be aware it's down from the street. It's like you sit the rock and the river and the goes and whatever it is out

there as it's very meaningful for me to that respect

**Q. What else do you see while at the rock?**

**A.** There's a snake — maybe more than one — that lives around the rock, which is not my favourite part

of nature down there. I'm more likely to see geese and pelicans. Ducks, there's often deer — more often on the other side of the river. I've seen beaver and muskrats sitting along the water in the morning. Probably the most seasonal thing is a moose. It was running down the path. It was

coming my way so I decided maybe I should get out of the way.

**Q. What do you hope people gather from reading your book?**

**A.** I hope they have a real appreciation for the city we live in. It is so easy to take a place for granted.



## ON THE COVER

I'm not the greatest singer in the world, but I love writing songs. — Mandy Ringdal

# COUNTRY MUSICIAN

## Songwriting helps Ringdal through hard times



Country musician Mandy Ringdal shown here at the Wild & Flag in Seashocher began writing songs two years ago as a way of dealing with her ovarian cancer diagnosis. PHOTO BY MICHELLE BROS

By Ashley Martin

It's a long way from Nashville to a community in the middle of the prairie.

But Mandy Ringdal is used to journeys. She's on a hard one right now.

"People would be surprised what

they can get through. When you're faced with it, you just kind of do what you have to do and find ways through it," she says.

Nashville felt like home when the fledgling country musician visited in November of 2011. As soon as the plane touched down, the resident Seashocher was girl was in her

element. Over five days, she worked Ringdal and the Grand Ole Opry. She received a dose of a smile where Jewel and Miranda Lambert had recorded, just her and a guitar.

"I would love to live in Nashville. I loved it down there. It felt like home," says Mandy.

Her real homecoming was two

years ago, when she moved from Redwood back to Ilwaco, population 50, located between Clatsop and Clatsop. And her first real studio experience was this spring in Bingen, when she recorded A Glimpse at Touchwood Studios, an opportunity through Corvus Touchdowns for Bingen, a program

that grants wishes for women living with cancer.

"She was very person," says John Hulse, who produced the three-song EP. "That day we did her songs, she wasn't feeling right up to par, but she was courageous and real. No let's do it." We recorded them and they turned out really well."







A lot of people can sing, but it takes a true talent to be able to write, and her penmanship is top notch ... she is destined for great things. — *Colin Lovequist*

Her father is another fan.

"I can't believe it actually. I'm so impressed with what she does (on stage), her presence. She seems like an old pro when she gets up there," says Bill. "She looks like that's where she belongs somehow to me."

But Mandy prefers a small stage, if any stage at all.

"I'm not the greatest singer in the world, but I love writing songs," she says. "I don't want to be a big performer. I'm content with being on a small stage."

She writes most songs for herself without an audience in mind. Song-writing gives her clarity, it's like therapy.

She'll sit at the kitchen table in her 180-year-old farm house, where she lives with her husband Ryan Goffredo, or she'll come up with lyrics while driving. Then she'll set them to music on her Stein & Pisk musicator.

"My songs are very personal, some of them," she says. "I can tell when it's something that other people will like or that's just for me."

Sometimes they're both.

She wrote *After it* as the ear one day. It's about her sister Rily.

"This is the year that you'd be 35. And who would you be if you were still alive?"

What would you be like if you were still here?

Would you look like the girl I see there in the museum?" she sings in the song.

When Rily was 16, she was travelling with her mother, brother Luke and her friend when their minivan was hit by a truck just a quarter mile from their farm. That July morning in 2004, the boys were going golfing and Rily and Lawrence were headed to work.

Luke spent 10 days in hospital with two broken legs. The other three died at the scene.

*Ringled* was 10.

She remembers that day as another thing, her protection, about her father.

"Her world and has come crashing down."

All they could do was hold each other.

As their world went into the ground.



Mandy Ringled calibrates the laser at Horizon Laser Vision Centre in Saskatoon where she works three days a week. (SASKATCHEWAN PHOTO BY MICHELLE BERRY)

♦ ♦ ♦

Mandy is happy to be back home. She'll always measure the country and the farm.

The place holds a lot of memories. Bill recalls one day in the early 1980s at harvest time, when Mandy and her brother were hanging him lunch in the pickup truck. They'd brought the family's old Volkswagen and sat

rotated him on the combine.

"At that point in his life she would do a horse and I wouldn't buy a horse," he says. Her commentary on the video gave him a laugh when he watched it a few months later.

"Cattle took good, cattle turn to eat, cash turn into horse," he recalls. "She had visions of this cattle turning into a horse."

The next year it did, when Ringled

got her Appaloosa, Buffy.

Missing her family was Mandy's main reason for returning to Harmon. She'd been living at Saskatoon since starting at the University of Saskatchewan, first for a biology degree, then nursing studies, with a stint in Ontario in the interim.

Even though she commutes the 200 kilometres to Saskatoon several times a week, either for work — she's

a nurse at Horizon Laser Vision Centre — or for cancer treatments, she's where she needs to be.

She always planned to be close to her family. She caught up with two of her brothers, Aaron and Clint, and six aunts and uncles. Both brothers are now grown farmers, like their dad, who also lives nearby.

When she got sick, the road became a road.



I'm so impressed with what she does (on stage), her presence. She seems like an old pro when she gets up there.

— Bill Ringdahl

Meedy was 36 and in nursing school when she was diagnosed with stage 3 breast cancer. She thought she was having a simple cyst removed.

"I woke up from that surgery and they're like, 'You have cancer'—and you're probably going to lose your breasts. It was pretty devastating," she says.

"Flattening is the word. I would use I wanted so badly to have children. Regretful by what my little sister had passed away" she took eight months off school for treatments. Over the next year in remission, she finished her nursing degree. But then the cancer came back.

After several surgeries, on different chemotherapy drugs, and holistic treatments like Reiki, acupuncture, hands-on healing and music therapy. "We haven't had a whole lot of success."

Her latest trick is a drug that works on blood vessels to stop blood flow and starve the tumour. She didn't want it named, her

analogous to many of people thinking it's a "cancer drug."

The upgrade is so big, it seems to be working. The downside is it's not covered by Sask Health, it costs approximately \$4,000 every three weeks.

She tries not to worry about the cost. "It's just a waste of energy and more stress that I don't need," she says. "When you're trying to survive, you can't really worry about money."

Luckily, Meedy has a lot of support. There's her family, of course. And then there are the many friends and strangers.

Halper and her partner at Blue Entertainment Productions, Wayne Peck, hosted a fundraiser for her in November. It featured 13 artists in an intimate, singer/songwriter style, with stories and songs. It raised \$50,000.

She's grateful, but it's hard to take the help.

"It's all for you and it's a lot to take in one person, you feel like you don't deserve it."

Continued on Page 12



Mandy Ringdahl at Song Writer's Circle fundraiser that includes musician Charlie Major. She took a 10-day break from the event, which raised funds for Ringdahl's expensive battling cancer. (40-0605 PHOTO BY KYLE BARNES)

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Don't waste time because life is short. Just do everything you can to not only make your life better, but other people's too, because it's not just about you. — Mandy

• • • • •

Her music helps her keep her mind busy and her life busy. The past year has been a dream.

She made the Top 10 on the CORM Big Country Talent Contest and won her first prize at Crows Creek Junior High, where she also performed on the mainstage.

Holder and his wife Terry took her to her first Canadian Country Music Awards in Edmonton in September, where she got up close and personal with some great songwriters and musicians, and learned a lot about the industry.

She spent four days in B.C. in November shooting a music video for "After" at 35, directed by Stephenie Barberis, which is currently on YouTube and airing on CMT.

In the video, there's a blond girl wearing a No. 31 Reunion jersey. Both she and Lily played basketball in high school there. Mandy's team won gold in Hoops, the provincial high school basketball championship, in her Grade 11 year.

"She was a tremendous athlete," Bill says of Mandy. Her football team also won provincials, five years in a row.

When there's no snow on the ground, Mandy's garden keeps her equally busy.

In early November, she still had three five-gallon pots of tulips.

"As much as I can, I give away," she says. "It's a big space, I pack a lot in there."

Like songwriting, gardening is a form of therapy for her. But it isn't always so. Mandy remembers taking part in the 10th hour again, chilling there in front of the TV. Picking corn elicited a similar detail.

"You just hate it growing up, you hate all the work, but you love the food though."

She still loves the food. Swiss chard is her favourite, the thing she wants for every year.

"Growing up we always had a 10m bed a huge, huge garden and so that's why I love doing it, and just all those flowers and the smells."

• • • • •

Four years after her diagnosis, Mandy holds on to hope — it's why she shares her story.

"I want people to know there's so much good in life, so don't dwell too much on the crappy stuff," she says. "Don't waste time because life is short. Just do everything you can to not only make your life better, but other people's too, because it's not just about you."

At age 16, with the hand blows she's been dealt, she keeps perspective. "Why not?" rarely enters her conscious.

"I really try not to over let my mind go there because that's a downward spiral. Lots of people have crappy things happen to them. This is my thing."

"Despite the troubled times she's going through, she's just got this very infectious spirit," says Lonsquest of Mandy's positivity. "She's just so approachable and brave, and she's just got this outlook on life that everybody needs a piece of."





# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# JAMES DASCHUK

## Clearing the Plains

Twenty years ago, I set out to find the origins of the gap in health and life expectancy between First Nations people and mainstream Canadians. My book *Clearing the Plains* discusses the impact of the 19th-century epidemics of smallpox and other "Old World" diseases on the previously unpopulated communities of western Canada. Those epidemics took a terrible toll from their first outbreaks in the early 1780s to the 1870s, shaping the Aboriginal societies and where they lived.

What I didn't expect to find was what came next. As info was all learned that the "Notarized Policy" and the Canadian Pacific Railway were the glue that kept the Indians

together, setting the stage as to become the livelihood of the newly Canada's "Notarized Indians." Though, was a nightmare for the treaty population of the west. In less than a decade, basic hunting communities went from being some of the tallest people in the world because of the high quality of their diet to a population so sick they were thought to be damned as a people.

The Cree who negotiated Treaty 7 knew that the time of the great hunts had passed. In addition to helping with the conversion to farming and the promise of a medicine chest as each reserve, the Dominion government agreed to provide food aid in times of crisis. Two years later, the bison disappeared. Rather than act



James Daschuk

ing in good faith, Canada capital used on the frontier to subjugate the Aboriginal population and effectively disease much of the region, clearing the way for the CPR and the next great flood of immigrants. For years, officials controlled access to food, even to the point that rations rather than being kept from the hungry

The Prime Minister issued orders to send that those who refused were kept on the brink of absolute starvation to control the expense of keeping them. The result was sickness and death for thousands as tuberculosis spread through the weakened population.

During the interim years, Sir John A. Macdonald was both the Prime Minister and Minister of Indian Affairs. He personally oversaw Canada's response to what was arguably the worst preventable humanitarian crisis in our history. The indigenous population of our province has never recovered from this policy that opened the region for our settler ancestors.

My book is available at all Saskatchewan bookstores and online at [www.safepress.ca](http://www.safepress.ca)



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## MUSIC

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## # FRIENDS OF FOES

## Humorous indie band takes music seriously



Friends of Foes is (from left) Naim Barkher, later Stine, Colleen Nicholson and Keegan Streich

By Angelina Itrinic

Saskatoon band Friends of Foes (sans bassist Naim Barkher) create a circle with their chairs at a friend-say coffee shop during an interview. Colleen Nicholson (possibly) Keegan Streich (stems) and Naim Barkher (later Stine) and Keegan Streich (stems) all under drinks and Streich's order of a tall glass of milk in the type of conversation. This is just one of the humorous edges of the band's music, which is a mix of indie pop and indie rock. It's like being at a coffee shop with your goofy friends from high school. Streich being the class clown, Stine the fearless leader and Colleen the weird girl who puts

up with the boys' antics. They make a good team and an even better band.

"We've had more of a reaction with this band than I've had with any other groups. It just took off," Stine says, adding that when the band first performed at an open mic night, they got two encores.

"As a musician I never expected to be that appreciated, I guess, and I've been totally heart warmed by it. It's surreal," Streich adds, reminding his band mates everything he says isn't always a joke.

Although all members of Friends of Foes are under the age of 20, they're seasoned musicians. Both Stine and Streich teach music and

Barkher is currently studying music at the University of Saskatchewan. All three have been involved in music heavily, playing with a few different groups at any given time. Nicholson, who's never been in a band, is studying drama at the U of S and has a background in musical theatre.

"Pretty much from day one it was just a push to do as much and take or trying to learn from all our previous projects — all of the mistakes we made — and really apply all of the good, positive things we learned," Stine says.

Stine and Streich play in another band together. About a year ago, Stine wrote some guitar riffs that

didn't fit the band's punk sound, so he approached Streich to start a new group. They created two hats — one of potential bassists and one of their hopes for a lead vocalist. Barkher and Nicholson were on the top of both of those lists; they liked Barkher for his unique sound on bass and the grit and accents in Nicholson's voice. It's been about a year since Friends of Foes was formed and in that time they've played numerous shows, released two singles and they will have a CD release party at Vancings on Boxing Day. They have plans to tour Saskatchewan and Alberta in the New Year.

The group doesn't follow a strict

## IN THEIR OWN WORDS

bridges got the band to play a little game. The group went around the circle, each saying one word to sum up the band. "The band called Friends of Foes is awesome-tastical. However, there are things that we can surprise ourselves with. We touch hearts with our tender music."

writing process, but everyone pitches in at different times with different ideas. Nicholson writes most of the lyrics but in the end it's a group effort.

"I'd write about life experiences, which is what everybody says. A lot of songs have to do with my life but also a lot of the songs have to do with other people and the things they're told to," Nicholson explains.

The group has discussed the band's ultimate goal and it's agreed that they'll go as far as they can — playing in Friends of Foes professionally would be the best case scenario.

"We'll keep on the change to at least give it a shot," Stine says.



**NEXT WEEK:** How does your Christmas Day usually play out? What's the best part?

Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # PARENT TO PARENT

Each week Bridges, in connection with [SaskatoonMoms.com](http://SaskatoonMoms.com), gathers advice from parents to share with other moms and dads. This week we asked

## How did you stay in shape during pregnancy?



"I didn't stay in shape at all! I had a wonderful time eating and relaxing the curves in my new, then quickly womanly body after the baby came. I went on long walks with her in the stroller and did squats (holding her for extra resistance). I'm not back to my pre-pregnancy weight and I don't care either. I'm proud of the body I have and what it has given me — my beautiful baby girl!" — *Suey Q*

"I walked everywhere! Everyday! I didn't give in to my craving (I had and I think a lot of fruit smoothies)." — *Ashley Kyles*

"I run, swim three times per week and bike 10 km once a week. However when I got pregnant, I got very sick in the beginning. Once the morning sickness stops, I then have no energy and run a lot of water weight (I gained 10 lbs with loss of water weight as it is VERY hard on your joints). So swimming and low-impactness (I personally stopped everything like running and biking) and rest for me. Then I picked it all back up after the baby came. It's relaxing to take the time off!" — *Annabel Walker*

"I didn't lose a lot of weight!" — *Ragni Ley*

"I walked a lot in prenatals, but after, then that didn't do anything special to stay in shape during my pregnancy." — *Michelle Goudin*

"I didn't do anything different. Just joined a ton of babyweight which I still have." — *July S.*

"For my first pregnancy I continued doing my aerobic exercise routine as normal and switched to Jane Fonda's Pregnancy Workout when I got further along (Glowing my age). With the second, I continued fourth pregnancy just kept up as with the other. I did simply keep on in shape! Who's burning for postpartum exercise programs? Besides, I remember trying to do floor exercises and had both women all over me. Just staying active with the kids and doing healthy seemed to work!" — *Debbie Reinert*

"My five-year-old was walking around (Abbasca Lake in Regina). It's a long enough distance, but never feels like it since there's a lot to look at. Plus the kids loved the boats and bridges. And when I would remember, I would do squats in between playing (legs) or with my dog. Running after two other kids counts too, right?" — *Alison Corns*

## Authentic Amish Cooking



Custom Solid Wood Heirloom Pieces

### Thick Chicken Soup

4 C. Collage, divided  
2 T. Beef Bouillon (optional)  
1 Onion  
2 g. Water

2 Chicken Breast, skinned  
Salt and Pepper to taste  
2 C. Tomato Juice



Soak skinned chicken in water, salt and pepper. When done remove all bones then dice them. Add skinned cabbage, chopped onion and tomato juice. Cook until cabbage is done. This recipe can work low or to sit on a cold water night.

### Saucy Bake

1 Chocolate Cake Mix with  
Fruitful in the mix  
1/2 cup (4 oz) Instant  
Chocolate Pudding  
1 C. Water

2 C. Milk



Preheat oven to 350 degrees. Pour into 8x10 cake pan. Mix water and milk with pudding and add well to cake. Pour over cake batter. Bake for 1 hour. Sprinkle with an excess.

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# CITY FACES

## # SASKATOON BENGALI FESTIVAL

### Getting to know Saskatoon's Bengali elders

By Angelina Irimaci

This past June, a group of nine Bengali elders were honoured at the fourth annual Saskatoon Bangla Disha (Saskatoon Bengali Festival) mayor Don Ivison was at the event and pre-

sented a plaque and city pin to each elder all of whom have contributed greatly to the community. Bridges set down with four of the elders to learn more about their stories and why they chose to make Saskatoon their home.

## Sakti Jana, 79

**YEARS IN CANADA:** 47

**CITY/TOWN OF ORIGIN:** Choptalia

**BEST MEMORY OF HOME:** The fish ponds. "Everybody has a fish pond in the backyard. So when you're cooking, whenever someone will go out and catch a fish and you have fresh fish every day."

**IMMIGRATION MEMORY:** "I remember when I came down from the airport I didn't see And then you see the wetness of muddy land."

**PROFESSION IN SASKATOON:** Professor and researcher in the department of crop science and plant ecology at the University of Saskatchewan.

**FAVOURITE THING ABOUT SASKATOON:** "Its people, friendly and hospitable."

**WHAT IT MEANT TO BE HONOURIED:** "I was quite happy to be there with all kinds of older and younger people, specifically the mayor that he found time to come there. It was a nice get together with a lot of people that I know but had a hard time for ages."



## Mel Hosain, 75

**YEARS IN CANADA:** 62

**CITY/TOWN OF ORIGIN:** Calcutta

**BEST MEMORY OF HOME:** During holidays the family would travel to his home village where they had an orchard. In the summer time there will be mangoes and plums it's plentiful. He also remembers fresh water fish, rice cakes and playing soccer and cricket.

**IMMIGRATION MEMORY:** In 1951 he applied for the Commonwealth Scholarship to study in Canada, but wasn't chosen. "Then I got a cable at 4:00 a.m. Oh I still remember the cable. Because at a few minutes withdrawal, he was selected to study in Winnipeg. On the flight over an 'automatically beautiful' afterwards asked

him to help others fill out disembarkment forms because he spoke English. After helping 34 people she gave him a pack on the check.

**PROFESSION IN SASKATOON:** Civil Engineering professor at the U of S.

**FAVOURITE THING ABOUT SASKATOON:** The University of Saskatchewan campus proximity to him and the Canadian Rockies and his neighbours. "Especially for somebody who is born in a foreign country to have good neighbours is essential. I was extremely lucky to have extremely good neighbours in a safe neighbourhood."

**WHAT IT MEANT TO BE HONOURIED:** "It was absolutely fabulous."



## CITY FACES

## Chitra Sen, 78

YEARS IN CANADA: 44

CITY/TOWN OF ORIGIN: Calcutta

**BEST MEMORY OF HOME:** "Staying with my brothers and sisters. We used to have fun together — that's what I miss the most. I miss the family most of all."

**IMMIGRATION MEMORY:** "We emigrated from India because the political system was very bad at that time." She and husband Pabitra wanted a better life for their two daughters. "It's hard to

leave your family there."

**PROFESSION IN SASKATOON:** She worked in accounting.

**FAVOURITE THING ABOUT SASKATOON:** "It's a beautiful city and we're so close to the river in the summer we like to walk by the river side."

**WHAT IT MEANT TO BE HONOURED:** "It was nice to be recognized and I wasn't the only female member. There was another lady also."



PHOTOGRAPHER BY NICHELLE BING



## Pabitra "Peter" Sen, 83

YEARS IN CANADA: 44

CITY/TOWN OF ORIGIN: Calcutta

**BEST MEMORY OF HOME:** "I remember brand new sidewalks and the streets are all paved and well lit and there's so much for sports and entertainment-wise." He often reminisces on how he spent his younger days in Calcutta.

**IMMIGRATION MEMORY:** When his family of four was denied immigration, he asked why. He was told they would fit the lucky in Canada. His brother, a professor in Winnipeg, sponsored

the family. "Otherwise, we would have gone to England or Australia."

**PROFESSION IN SASKATOON:** Structural Engineer.

**FAVOURITE THING ABOUT SASKATOON:** "The friendly and honest people here and of course the small-town feeling." He also enjoys the riverbank and his "expansive surroundings."

**WHAT IT MEANT TO BE HONOURED:** "It was a real surprise for all of us... It was definitely humbling."







# EVENTS

## # MUSIC

Wednesday, Dec. 16

**3-String Festless**  
Ends on Broadway,  
817 Broadway Ave

Thursday, Dec. 17

**Glenn Adler**  
Cocktails Restaurant and  
Lounge  
461-221 Pinehouse Dr

**Johnny Don't**  
Ends on Broadway,  
817 Broadway Ave

**Jazz Jam with the Jazz  
Ballet Tete**  
The Basement,  
202 Fourth Ave. N

**Black Thunder w/ Stacy  
Preacher and College Kids**  
Vanguard Tavern,  
601 Broadway Ave

Friday, Dec. 20

**Hung Jury**  
Ends on Broadway,  
817 Broadway Ave

**Flare Friday w/ Patsia  
Quinn**  
Kicks Starts Kammer and  
Patsia  
The Basement,  
202 Fourth Ave. N

Saturday

**Army & Navy Veterans Club**  
399 First Ave. N

**The Standards Tite**  
Naturally Natural,  
1130 10th St. E

**Leon Orlin**  
Fairfield Senior Citizens'  
Centre,  
153 Fairview Ct

**Mikolajew**  
Luv  
Tom Town Tavern,  
3330 Fairview Dr

**Kindred's Year Anniversary**  
Lunch in Bear Witness,  
Edinwood, Jack Sherman and  
Ryan McMahon

**Amigos Guitars**  
632 10th St. E

**Durbin and the Boys**  
Starts at 10:30  
125-90 10th St. E

Saturday, Dec. 21

**ArtistsAtMagazine**  
Ends on Broadway,  
817 Broadway Ave

**JazzDive Series: Webb and  
The Visualists**  
The Basement,  
202 Fourth Ave. N

**Rhythmanics**  
Mullika Lupton,  
30 21 Louisa St

**St. Elms**  
Army & Navy Veterans Club,  
399 First Ave. N

**Jennifer Jane**  
McCarthy Robinson  
3100 10th St. E

**One Bad Son w/ Volcanic Kin  
and The Clancy Chalmers**  
O'Brien Event Centre,  
240 Second Ave. S

**Close to Bar w/ The Little  
Brethren**  
Amigos Guitars,  
632 10th St. E

**Shelley Wilson presents  
Art West 2009**  
Vanguard Tavern,  
601 Broadway Ave

**Durbin and the Boys**  
Starts at 10:30  
125-90 10th St. E

Sunday, Dec. 22

**Rhythmanics**  
Mullika Lupton,  
30 21 Louisa St

## # ART

**Memorial Art Gallery**  
Until Jan. 5 at 930 Spadina  
Cres. E. Full presentations  
include Revolving Modernity  
and They Made a Day be a  
Day Here-Gallies, the Artists  
by Artists Membership exhibi-  
tion by Cory Schewe and

his member, Bruce Menzies-  
benius. The Gallery Shop is  
open through Dec. 23

**SCVP Gallery**  
Until Dec. 30 at 2037 10th  
Ave. S. Alastair Young from FX  
Arts

**Hand Wave Gallery**  
Until Dec. 30 at 409 Third  
Ave. In Midtown. A Stop Up  
Mixed media gallery artists  
rotation

**Void Gallery**  
Until Dec. 22 at 3-1005  
Dolph St. E. Small Works  
The annual show of art  
priced from \$50 to \$250.

**Dorell Bell Gallery**  
Until Dec. 24 at 405-109 2nd  
St. E. Holiday Small Works  
Show

**The Gallery at Princess Mar-  
ion Library**  
Until Dec. 27 at Princess Mar-  
ion Library 601 in the Old  
world by Louisa Ferguson,  
Jade Chubb, Kathryn  
Davies and Mary-Anne  
Parker

**Centre Court Galleries**  
Until Dec. 29 in The Centre  
Display by Leslie Stradi-  
chuk & Erin Morlan Kinn-  
Whelan. Scott Prokop. Spill  
It Photo Art. Rosemary Papp  
The Prairie Spirit School  
Division and the Saskatoon  
Public School Board

**Station Arts Centre, Des-  
tours**  
Until Dec. 30 at 701 Railway  
Ave. In Southtown. Displays  
inside the bus by Mullika Lupton  
and Denise Epp.

**The Gallery/Art Placement**  
Until Dec. 31 at 220 Third  
Ave. S. "It's the Season, small  
works holiday show

**Urbisium Museum of  
Canada**  
Until Dec. 31 at 910 Spadina  
Cres. E. Money, Sovereignty  
& Power: The Paper Curra-  
ncy of Revolutionary Ukraine  
1987-1990

**Black Grace Gallery**  
Through December at North-  
side Antiques on Highway 2  
Works by four new artists  
Jody Brown, Sandra Chang-  
man, Jani Emerson and  
Jennifer Sepeleho

**Parkridge Centre**  
Through December at 110  
Dawson Cres. Beauty in the  
Details, paintings and pho-  
tography by Shaun van Wegner

**Develonizer Canada Centre**  
Through December at 101  
Develonizer Pl. Touch the  
sky: the Story of Auro  
Canada.

**Affinity Gallery**  
Until Jan. 4 at 813 Broadway  
Ave. 30th Anniversary, Juried  
by award winning artists  
Michael Housak and Susan  
Rankin. A closing reception  
will be held Jan. 3, 7 p.m. to  
9 p.m.

**Calder's Development**  
Until Jan. 5 at 721 Broadway  
Ave. Seeking Renaissance,  
new works by Kathy Brek-  
shaw

**Wetness Library**  
Through January in Wetness  
Wetnesses, art by the  
season and the holidays

**Horseshoe House Show-  
case**  
Until Feb. 1 at 710 Broad-  
way Ave. Contemporary,  
Abstract, Textures. Scenics  
and Jewels by the Textile Art  
Group

**Black Grace Gallery**  
Open through the winter at  
Northside Antiques on High-  
way 2. After Glow, a group  
show

**# SPECIAL EVENTS**

**Free Moon Calendar Series**  
Dec. 16, 12 p.m. to 1 p.m., at  
Third Avenue United Church  
Renée de Moissac on pipe  
organ. Bring a lunch. Coffee  
and tea is provided. Donations  
are appreciated.

What you need to know to plan your week.  
Send events to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

**Saskatoon Steam**  
Dec. 20, 5:30 p.m., at Broad-  
way Theatre. The Improv  
currently brings laughs to  
the stage.

**Christmas on 20th**  
Dec. 20 2 p.m. to 4:30  
p.m., at The Wesley  
United Church. A winter an-  
gle concert with sing-along  
Christmas carols, turkey  
buns and hot chocolate.  
Admission is free.

**Christmas Memories**  
Dec. 20-21, 7:30 p.m., at TCU  
Place. The Fiddle Sing-  
ers Christmas concert. The  
100-voice choir performs  
with orchestral accompani-  
ment and vocal and instru-  
mental soloists. Includes  
Beverly MacIsaac, Ray Irwin,  
Allen Kevinsing, Henry  
Owens, William Bous, Rand  
Nelson, Timor de Stamps,  
Dorell Bell, Brent Salsico,  
Martin Janovsky and Gout  
Gibson

**Midwestern Ballet in Chri-  
stmas**  
Dec. 22, 10:30 p.m., at Calsky  
Cinema. London's Royal  
Ballet performance of Tchaik-  
ovsky's Nutcracker Ballet in  
the Royal Opera House's stage  
is showing on screen

**HPH Presents the Sacred  
Heart Light Year**  
Until Jan. 3, 5:30 p.m. to  
8 p.m., at The Saskatoon  
Presbyterian Church, 2 Ave  
The show through Christmas  
display sale includes 10th  
anniversary. Funds raised  
support of the Saskatoon  
Zoo Foundation and the  
Saskatoon City Hospital  
Foundation.

**# THEATRE**

**A Wide Open Christmas**  
Runs to Dec. 22 at The  
Refrain. Presented by Wide  
Open Children's Theatre.  
A celebration of winter and  
spirit. Featuring variety acts,  
audience participation  
sing-alongs and Christmas  
stories. Full and half-hour  
shows



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Christmas  
to the  
Shelter*  
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# GARDENING

## # CHRISTMAS TRADITIONS

### Mistletoe is for more than kissing

By Sara Williams  
and Eri Svendsen

Plants, especially those with holiday symbolism, connect us to our past.

As our cultural beliefs change, so do the meanings of these plants. But so little has changed that their roots run deep.

Most people now associate mistletoe with Christmas and kissing, a tradition dating back to at least 16th-century Britain. A young man, upon meeting a girl under the mistletoe hung from the rafters in a farmhouse kitchen, may have the "privilege" of kissing and go!

The proof? Simply picking a berry from the plant. Once all the berries are plucked, no more kisses. This tradition may have derived from early pagan beliefs, where mistletoe represented the male essence, stimulating passion and resulting in increased fertility.

The word is derived from "mistle", an Anglo-Saxon word for dung, and "tan" meaning twig, literally, "dung on a twig." Why this name? Because it would often seemingly appear spontaneously on branches where birds had left their droppings. Because it was thought to cause spontaneously life-giving powers were attributed to it and often associated with marriage rites, sexuality and fertility.

The Greeks attributed several mystical powers to mistletoe including healing. They reported that the Cretans believed it stored happiness in animals (now fertility beliefs) and was a remedy for poison (life-giving). The great Greeks of the Hellenic era, especially Aristotle, the mystic that grew on a oak, perhaps because it was so rare.

During the Middle Ages, mistletoe was hung from ceilings or over doors of houses and stables to ward off evil spirits and prevent sickness from entering. It was left up year-round and replaced during the winter solstice. It was believed that mistletoe growing on an oak could prevent fire.

In Norse mythology, Balder the god



This mistletoe, in the wild ready for harvest, has many toxic varieties. Image courtesy Hans Bräumer

of poetry was shot and killed with a mistletoe arrow. After he was returned to life in some versions of the tale, mistletoe was given to the god of love for asking for transforming the plant from an emblem of love to one of love.

Of the several hundred mistletoe species, only two are used for decorations of Christmas. The original is of European mistletoe (*Vaccinium album*) found throughout Great Britain and Europe. The species most commonly used in North America is holly mis-

tletoe (*Phoradendron serotinum*), harvested commercially in the southern United States. Both have evergreen leaves and clusters of waxy white berries. Although able to photosynthesize, this mistletoe is partially parasitic (semi-parasitic). Their roots grow into tree branches absorbing water and nutrients from their hosts.

A word of warning: Although birds feed on the berries without harm, the leaves, stems and white sticky berries are extremely toxic to humans. Consuming European mistletoe can

cause blurred vision, nausea, low blood pressure, slowed heart rate, confusion and even death. The American mistletoe is thought to be less toxic but can still cause severe gastrointestinal distress (a stomach pain diarrhea warning).

Ancient and traditional herbal preparations have been used for treating cancer, AIDS, high blood pressure, epilepsy, ulcers, infertility and anxiety. The Greeks and ancient Greeks used mistletoe to treat so many ailments that one of its common names

translated as "herb of life."

However, none of these uses have been recommended or confirmed by modern medical trials. Pets and children, because of their smaller size, may be more susceptible to the toxic effects of mistletoe. Perhaps there's more than one reason for placing the mistletoe high and out of reach!

This column is provided courtesy of the Starcheesean Perennial Society ([www.starcheesean.org](http://www.starcheesean.org)). *Acorrhensis* ([www.acorrhensis.org](http://www.acorrhensis.org))



## #CROSSWORD

## NEW TIME TIMES Edited by Will Shortz

## ACROSS

- 1 Invention in the air.  
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8 Company founded by a TV star did break  
12 "Hired" team  
14 City of Iron on Harley  
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45 Escape instruction #4  
46 Toss a wispot  
48 Pindar's anachron  
50 Escape instruction #5  
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# JANRIC  
CLASSIC  
SUDOKU

**Level: 6/10**  
Fill in the blank cells  
with numbers 1 to 9.  
Each number can appear  
only once in each row,  
column and 3x3  
block. Use logic and  
analysis of elimination  
to solve the puzzle.  
The difficulty level  
Angels from Heaven  
(rated 10) is the  
Sudoku (rated 10)



Solution to the  
previous puzzle was  
the Sudoku center  
found on Page 27

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# FREE FAMILY FUN!

**studioXPRESS** is a free artmaking space at the Mendel Art Gallery. Materials and inspiration are provided—drop in anytime and get creative!

**studioXPRESS** is open throughout the holiday season until 9 p.m. daily (Closed at 5 p.m. December 24 and all day December 25.) Fun for families and visitors of all ages!

Visit [www.mendel.ca](http://www.mendel.ca) for more information or call Twp at 306-975-8487

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# SHARP EATS

## #SASKATCHEWAN FOOD SCENE

### Breaking the boring hotel mold

By Jenn Sharp

Hotel restaurants are not always the best choice for dinner.

Guest rooms and creative cocktails can take main stage while the food is an afterthought. For that reason, most don't think about a hotel restaurant for a night out. Chef Geoffrey Casswell-Murphy wants to change that.

The executive chef at the newly (and splendidly) renovated Decade-Two by Hilton hotel in downtown Regina supports the farm-to-table concept. The menu is full of Saskatchewan ingredients, garnishes include a range of provincial foraging and production businesses.

What's more, the food tastes awesome. There's nothing too out of the ordinary here — you can take your grandma for lunch at a health foods watering hole on your date for dinner in the gold-trimmed lounge — both will find someone to their liking.

The Nova Scotia-born chef has been in Regina for two months. He's worked for Silver Birch Hotel & Resorts for 18 years, in kitchens in Ottawa and Halifax. When a spot opened up in Regina, he contacted his wife Cynthia. I haven't met her but judging by her response, she and I would get along. "You know what? It's time for an adventure again," she told him.

While the adventure isn't starting during the best time weather-wise (cynthia will move to the Queen City in January with their children), Casswell-Murphy had no problem turning local food partnerships to support his ideas.

"For me, it's an easy decision to support local," he says.

Wild Sage eatery in the downtown lunch crowd with a diverse buffet listing five sit-down dinners. A breakfast buffet is also available and the decadent Sunday brunch tradition (for which the former Regina Inn was famous) will be continued.

The brunch menu is a simple mix of the staples — burgers, sandwiches



The perfect ending to any meal at Wild Sage in Regina. Casswell-Murphy chose to pair regional fresh strawberries and whipped cream. PHOTO BY JENN SHARP



A local salad of organic cherry tomatoes and bocconcini cheese (top) at Province Kitchen (acquired from Wild Sage in Regina). PHOTO BY JENN SHARP

and salads — all with a focus on fresh ingredients and quality. The dinner menu is more expansive.

The jersey appetizer and fish cake stood out for me. The latter is based on a popular Nova Scotia salt cod fish. To make it local, Dean Lake whitingfile is blended with potatoes, celery onion and fresh dill. He'll look to a flat dish with a drizzling of bread crumbs and cheese, with a burnt onion and feta cream sauce.

The perogies are Casswell-Murphy's recipe and are made by Aunt

See a food trend you think deserves a highlight in Bridges?

Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

or visit Bridges on Facebook



Wild Sage's home-made pea soup filled with three-year aged white cheddar and topped with duxon jam, caramelized onions and brown butter sauce. PHOTO BY JENN SHARP



The Hub's beer salad with a fig balsamic vinaigrette and pickled onions. PHOTO BY JENN SHARP



Four-course dinner from The Hub in Saskatoon's downtown Friday Inn. PHOTO BY JENN SHARP

Kelly's located north of Saskatoon. Filled with a three-year aged white cheddar and topped off with hot onion jam, caramelized onions and a brown butter sauce, these are well in your mouth delicious.

Casswell-Murphy is hoping to do his own catering and preserving next year to sustain the hotel's menu as long as possible throughout the winter.

A new-dish hotel during options in downtown Saskatoon is located with in the Silken Silken line across

from TCU Place. The Hub's food is possible — I suggest people come more for the cocktails and people-watching. I love the lounge. Small two-seater tables look like the floor to ceiling windows while welcoming couches linger in the corners.

It's a place to sip a Manhattan while awaiting the opening of the symphony across the street and sharing a plate of the previously mentioned Pinner's Steak.

Followed by the Pinner's Steak. <http://www.pinnersteak.com> <http://www.pinnersteak.com>



# OUTSIDE THE LINES

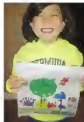
*It's the season  
to be kind*



## # Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [tridgata@shaw.ca](mailto:tridgata@shaw.ca). One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winner is **Melika Lewison**. Thanks to everyone who submitted entries!



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# ON THE SCENE

View more On the Scene photos at  
[Facebook.com/BridgesYXE](https://www.facebook.com/BridgesYXE).

## # SASKATOON FRIENDSHIP INN'S FESTIVE HOLIDAY DINNER





# ON THE SCENE

If you have an event for On the Scene,  
email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com).



The Saskatoon Friendship Inn's annual Fall & Winter Campaign is the organizers' major fundraiser. Presented by PotashCorp, the Potash Holiday Dinner was held Dec. 10 as part of the campaign. The 184 attendees enjoyed a meal served through five same-proceeds daily dinner vendors (see, while contributing about \$100,000 to Fall & Winter. Potash Corp. will match that amount, bringing the total to \$200,000.

The campaign is looking for daily sponsors of \$500 for the Friendship Inn in December. Potash Corp. will also match these donations up to \$100,000. It costs about \$5 a day to feed one person at the Inn.

The newsletter notes that over in the last two years, the amount of people receiving the Friendship Inn's meals increased from about 100 people per day to 1,000.

1. Emmanuel Debeck and Aldene Otterlei
2. Shauna Bow and Devina Wilson (standing) and Walter and Marie Linklater (seated)
3. Sharon Rigel, Braden Turn, and Al Turner
4. Dora and Terry Sears and Nicole and Trent Seveda
5. Dorelle and Chris Yaremchuk and Travis and Courtney Thorneil
6. Maria Calabrese and Ron and Corrie
7. Michelle Doude, Brynne Bokobek, Laine and Suzanne Seave
8. Cliff and Martha Jackson
9. Murray Lyons and Carlo Delgado (standing) and Beth Bradshaw and Shoshana Belmuk (seated)

BRIDGES PHOTOS  
BY GORD WALDNER



## GEAR UP FOR WINTER



Stay warm with all the top brand names  
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TASTE  
SASKATOON

compostable industries & The EcoSource

## RECYCLING tip

### Plastic Bags & Newspapers Don't Mix

"Place your newspapers in a reusable container, then deposit your newspaper's bins in our recycling bins. It will save us from having to out-spill thousands of plastic bags every day."

Compostable Industries  
4000-3800 Ave



## # ASK ELLIE

# Hosting relatives means putting up with minor annoyances

**Q:** My husband's brother, with his wife and son, came here for a visit last two weeks ago. I lent the wife my scarf. When they went home, I emailed her about my scarf. No reply.

Now they're returning soon, and I emailed her again regarding my scarf. I've also politely requested her to bring some of our stuff that we'd left there. Again, no reply.

All my emails were sent to my brother-in-law whose email address is actively being used (he'd emailed my husband to pack them up from the airport, which he'd do). We attend to them very well when they're here. On several outings, they were reimbursed to pay for our meals.

I come from a country where the host is expected to treat the guests. However, when guests stay for a longer period, I think they should also contribute their share of the expense. I think not doing so is taking advantage of the host.

Also, my brother-in-law was brought by the baggage that they spent so much time here. He commented that our TV is already old-fashioned

## Ask Ellie



only a few months' great!

When they return, should we confront them regarding their behavior or just talk to their daughter?

Should I email again? Should my husband still pick them up from the airport? Their daughter is also picking them up (did they need a second vehicle for baggage)?

**Answered by Ellie**

**A:** Consider your scarf gone. It's been used for two years, already.

More important, consider your feelings and the whole concept of these visits. Then, talk to your husband about it.

There are seemingly small annoyances here, but larger resentments. These people presumably visit to

maintain a family connection. His staying with their daughter, been considered, or is staying with you the only alternative?

Their hostess was mentioned, so to open too — when outings are discussed, state which ones are expensive and need to be shared. You're already hosting them in accommodations and home meals, so it's fair to insist that her husband and even

Beyond these relatively small matters, think through what this family connection is about. You've visited them; they visit you.

**Q:** My husband suffers from a debilitating skin condition that causes him a lot of pain and sleepless nights. His dermatologist has prescribed creams and antihistamines that break down skin, but create other symptoms like hives.

Last year he found that drinking liquor along with taking the antihistamine before sleep, helped him sleep better and longer.

He's now been drinking several glasses of hard liquor nightly. We're

both concerned that it's becoming a habit.

His doctor says there's no cure for his skin condition — about concluding developing alcohol dependency. We've sought second opinions with no satisfactory answers, either.

Should we just accept that he'll become alcohol dependent? We're also concerned that if he enters a program like Alcoholics Anonymous he'll be unable to ever drink again, which we don't think is the answer either.

**Warrisane Hubert**

**A:** Treatment, pain, and sleeplessness are all concerns, but alcohol dependency takes its own toll on health, including liver disease.

Get referral to a pain specialist. There are pain management clinics that deal with many conditions and cancer. Also, some alternative medicine approaches may work, such as acupuncture. And medical marijuana, which requires a doctor's prescription for dosage and also has some side effects to consider.

Don't give up the search, despite frustration. His alcohol consumption

then should be lowered as soon as possible.

**Q:** I'm a woman, 44, who left home at 18 to pursue an education.

When I visited last year, my mother said that I couldn't drive, cook, or bake. Yet I've never had an accident and when I cook and bake, I've never had a complaint.

On my birthday I called my mother, who asked, "Was it to see how many happy birthdays you can get?"

I'm close to writing them all off. They always expect me to call them. They live halfway across the country and always ask when I'm coming back home. I've decided to never return. I still like an outdoor there.

Should I tell them I'm no longer going to be their "punching bag," or give them another chance?

**Stef Hinesworth**

**A:** I suspect they're always felt left behind and not having the opportunity that you've earned, express it in the judgmental way. Try to break it off by understanding them, and knowing how satisfying your life is.

## Next week in BRIDGES

Francis and Mary Kargo's shipment of hope to family in Sierra Leone is just in time for Christmas



# WINE WORLD

#STONELEIGH LATITUDE PINOT NOIR

## Fruity palate in New Zealand wine worth the price

By James Romanow

If you are a huge fan of New Zealand pinot noir (and I am), you spend time trying to locate Okanagan vineyards from the extreme south. They are full of class and I encourage your pursuit. However, when I was on the south island they were quite defensive of the Pinot they made in Marlborough, a region best known for Sauvignon Blanc.

They are at the north end of the south island, but this is still definitely Pinot territory. And, when I had my taste buds battle them, their critics for A/B testing against my taste, and supply of Okanagan pinot noir, I often had to concede their point. However, as a generous guy (i.e. cheap as hell) they get no great prize. You can snag my red notebook where a "high-end" Marlborough Pinot showed up here, living from Marlborough, it is about 30 per cent less than an Okanagan.

Latitude is a marvelous example of a great—if not exceptional—deal. There are a full set of natural notes, in other words, that they keep on the site, with a huge fruity white ball of red fruits like raspberry and blackberry. The finish, a dry, little mouth, almost chocolate but more subtle. The tannins are suitably controlled. More importantly, the oak (French oak), vanilla, caramel, wood, tropical fruits etc. are all well in the background. I imagine most of the extra five bucks you are throwing at the checkout are



being spent on French oak barrels.

This won't be a wine for everyone. You need to have drank a few bottles of pinot noir to appreciate it, and you also have to be feeling full of holiday spirit that if you are...

Stoneleigh Latitude Pinot Noir New Zealand, \$64.99 www...

Many gift ideas in Monday's paper and on Twitter @jbrockman

## Crossword/Sudoku answers

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6	1	9	7	8	5	2	3	4
3	8	5	2	9	4	6	1	7
2	4	7	1	3	6	8	9	5
9	7	3	4	6	8	5	2	1
5	6	1	9	7	2	3	4	8
8	2	4	3	5	1	9	7	6

Be a good sport and make a difference!



Poorly a gliding in the way of a Merry Christmas for thousands of people in our community. The StarPhoenix is asking people to make a big difference for many Saskatchewan and their families this Christmas.

The Sporting Christmas Fund, operated by The StarPhoenix, has set a goal to help alleviate hunger and sadness for as many people as possible this holiday season. All donations are turned over to the Salvation Army, where money is put to good use for those in need of a Christmas dinner or a helping hand.

With your generous support, we'll make the Sporting Christmas Fund the most successful ever.

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PLEASE DONATE NOW

- Online at [thestarphoenix.com/sportingchristmas](http://thestarphoenix.com/sportingchristmas)
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